

## School Canteen Menu - BEFORE

### WRAPS

#### Salad

Small salad wrap

Ham or chicken with salad

(Choice of BBQ or sweet chilli sauce or mayo)

### SANDWICHES OR ROLLS

Vegemite

Cheese

Cheese and tomato

Chicken

Chicken, lettuce & mayo

Ham

Ham, cheese and tomato

Ham and cheese

Salad (no meat)

Meat and salad

Chicken Salad Containers with mayo, bread and butter

Small Salad Container

### HOT FOOD

Fish Fingers

Fish Finger Rolls (lettuce, mayo)

Pie

Sausage Roll

### HOT FOOD

Toasted Cheese/Tom S/W

Toasted Cheese S/W

Toasted Ham/Cheese/Tom S/W

Toasted Ham/Cheese S/W

Spaghetti Bolognese

Pizza - Ham and Pineapple

Pizza - Cheese and Bacon

Chicken burger with mayo

Party Pies

Nuggets

Dim Sims (Steamed)

Cup of Noodles (chicken or beef)

Chicken strip wrap with mayo

### SNACKS

JJ Chicken cracker

Jumpys – chicken

Gummi Bears

Raspberry twists

Euco'S

Honey soy chicken chips

Strawberry Creams

Chocolate Mousse



### ICECREAMS & ICEBLOCKS

Frozen pineapple rings

Chocolate Thick Shakes

Cruncha (orange)

Frozen Yoghurt – strawberry

Quelch sticks

Lemonade Icy twists

Mini Calippo

Ice-cream tub

### DRINKS

Full cream plain milk- small

Nippy milks 250ml(choc/straw)

MDP milk 300mls

Fruit Drink (5 flavours)

Sports drinks (3 flavours)

Water



Green- fill the menu

Amber - select carefully

Red- twice a term (if food) or banned (if drinks)

## Greened-Up School Canteen Menu - AFTER

### WRAPS

Salad  
Chicken and salad  
Ham and salad

### SANDWICHES OR ROLLS

Cheese  
Salad  
Cheese and tomato  
Chicken  
Chicken, lettuce & mayo  
Ham and salad

Rainbow salad Containers with mini roll and choice of:

- Chicken
- Egg



*Slinky fruit day! Wednesdays bring in your own apple and the canteen will make it into a slinky for 10c.*

### HOT FOOD Daily Specials

**Meatball Monday**  
Spaghetti Meatballs

**Twisted Tuesday**  
Lean and green chilli chicken wrap

**Wicked Wednesday**  
Nachos with wholegrain pita bread

**Chef Theo's Thursday**  
Theo's special GREEN monster on wholegrain pita

**Faye's Fried Friday**  
Healthy homemade fried rice

### SNACKS

Apple slinky  
Yoghurt tub (strawberry or mango)  
Air popped popcorn-plain  
Small salad wrap  
Small rainbow salad  
Open cheese melt

### ICECREAMS & ICEBLOCKS

Frozen pineapple rings  
Bananarama Thick Shakes  
Frozen Yoghurt tubs  
Quelch sticks – assorted flavours



### DRINKS

Water  
Small plain milk  
Nippy milks 250ml (choc/strawb)  
99% Fruit juice 200ml (OJ/Apple)

### **Healthy Hulk Deal**

*(Morning tea and lunch)*

Two snack choices for morning tea with the daily lunch hot food special and a plain milk or water



*\* All dairy (cheese, yoghurt, milk) is reduced fat*

*\*\*All breads are wholemeal or wholegrain*

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